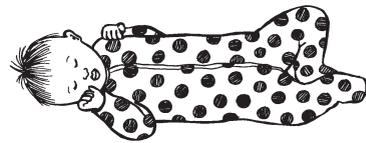




## Simple ways to reduce the risk of SIDS and keep babies healthy

### Reduce the risk of SIDS



Babies should be placed on their backs to sleep. This is true both at night and for naps unless your doctor says otherwise.



Baby's bed should be a firm mattress, not a sofa, waterbed or other soft surface. There should be no blankets, sheepskins, pillows, or stuffed toys in the crib.



No one should smoke around babies. The risk of SIDS is higher for infants exposed to cigarette smoke and for babies whose mothers smoked while they were pregnant.



Keep your baby warm, but not hot. The temperature in your baby's room should feel comfortable to you. He should be dressed warmly enough to sleep without any covers.

### Keep baby healthy



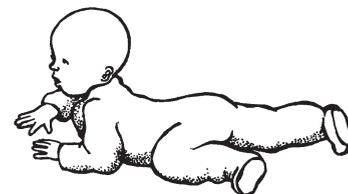
Give yourself and your baby a good start with regular doctor visits and well child check-ups. If your baby is sick, call your doctor right away. Make sure your baby gets all her immunizations (shots) on time. Immunizations are the single most important way parents can protect their children against serious diseases.



Don't use alcohol or drugs.



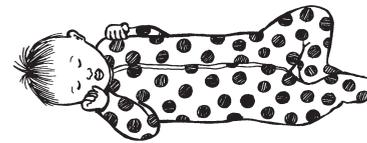
Breastfeed if possible. Breast milk contains nutrients to keep your baby healthy.



You can help baby build strong neck, stomach and arm muscles by giving her plenty of "tummy time" while you watch and play with her.

## Maneras sencillas de reducir el riesgo del SIDS y de mantener sano a su bebé

### Reduzca el riesgo del SIDS Mantenga a su bebé saludable



Los bebés se deben colocar boca arriba a la hora de acostarlos. A menos que el médico recomiende lo contrario, lo mismo corresponde tanto de noche como durante las siestas.



La cama del bebé debe ser un colchón firme, no un sillón, una cama de agua ni ninguna otra superficie mullida. No debe haber cobijas, pieles de borrego, almohadas ni juguetes de peluche en la cuna.



Nadie debe fumar en las proximidades de un bebé. El riesgo del SIDS es mayor para los bebés expuestos al humo de cigarrillos y para los bebés cuyas mamás fumaron durante el embarazo.



Mantenga a su bebé abrigado, pero no caliente. La temperatura de la habitación de su bebé debe ser cómoda para usted. El bebé debe dormir con ropa que lo abrigue lo suficiente para no requerir cobijas.



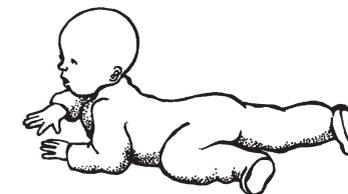
Dense usted y su bebé un buen comienzo con visitas regulares al doctor y exámenes para revisión de niños sanos. Si su bebé se enferma, llame a su médico de inmediato. Asegúrese de que le pongan todas sus vacunas a tiempo. Las vacunas son lo más importante que pueden hacer los padres para proteger a sus hijos contra las enfermedades graves.



No tome alcohol ni use drogas.



Amamante si es posible. La leche materna contiene sustancias nutritivas que mantienen saludable a su bebé.



Usted puede ayudar a su bebé a fortalecer los músculos del cuello, del estómago y de los brazos colocándolo "boca abajo" mientras juegan juntos.



**Attention parents,  
grandparents,  
child care providers,  
and babysitters:  
Babies sleep  
safest on their  
backs!**

**Don't worry...**

Some people worry that putting babies to sleep on their backs may cause them to choke if they spit up or vomit. Researchers have found that babies turn their heads when they spit up, so there is no increased risk of choking.

If your infant was born early or has a health problem, please talk with your health care provider about the best sleep position for his special needs.



**Atención padres, abuelos,  
nanas y cualquier persona  
encargada del cuidado  
de un bebé:  
Los bebés duermen  
más seguros si  
duermen boca  
arriba!**

**No se preocupe...**

Algunas personas piensan que si acuestan al bebé boca arriba, se puede ahogar si escupe o si vomita. Los investigadores han determinado que los bebés voltean la cabeza cuando escupen o vomitan, de manera que no hay mayor riesgo de que se ahoguen.

Si su bebé nació prematuramente o si tiene algún problema de salud, hable con su médico o enfermera acerca de la mejor posición para acostarlo.



**What is SIDS?**

SIDS is Sudden Infant Death Syndrome. It means that a baby who seems healthy dies quickly in his sleep, without warning, and doctors cannot find a reason why the baby has died. SIDS can happen to any family. **We do know that since parents started putting babies to sleep on their backs, SIDS rates have dropped in half.**

*For more information call:*  
**SIDS Foundation of Washington**  
**1-800-533-0376**  
1-800-833-6388 (tty relay)

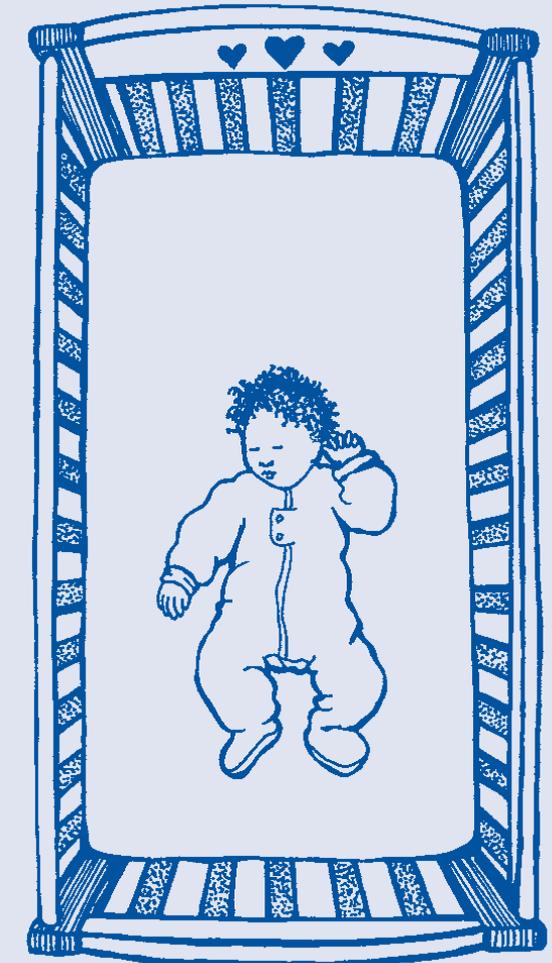
**¿Qué es el SIDS?**

SIDS son las siglas en inglés del síndrome de muerte súbita infantil. Es cuando un bebé que parece estar sano muere rápidamente mientras duerme, sin aviso, y los médicos no pueden determinar la causa de su muerte. El SIDS puede suceder en cualquier familia. **Lo que sí sabemos es que la incidencia muertes por el SIDS ha disminuido a la mitad desde que los padres comenzaron a poner a sus bebés boca arriba a la hora de dormir.**

*Para obtener más información llame a:*  
**SIDS Foundation of Washington**  
**1-800-533-0376**  
1-877-833-6399 (relevador tty)



**Simple ways to  
reduce the risk of  
SIDS & keep a  
baby healthy.**



**Maneras sencillas  
de reducir el riesgo  
del SIDS y mantener  
sano a su bebé.**



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**Health Education Resource Exchange Web Team**

# P R I N T I N G   S P E C I F I C A T I O N S

**Title:**     **Simple Ways to Reduce the Risk of SIDS**  
**(Bilingual brochure, English and Spanish)**

**Size:**     14 x 8.5

**Paper stock:**   80# text offset white

**Ink color:**     Pantone Reflex Blue and Black

**Special instructions:** 2-sided printing; front panel bleeds. Finished job folds to 3.5 x 8.5

**DOH Pub #:**    910-107